

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

R.126

1. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and the device consisting essentially of a weight positioned at the second end of the handle, the center of mass of the device is less than about 18 inches from the first end of the handle the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement wherein the positioning of the weight and the sizing of the circumference of the handle are configured to direct the effect of the weight in a concentrated manner to the forearms of the user.

3. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the center of mass of the device is less than about 13 inches from the first end of the handle.

3. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the center of mass of the device is less than about 13